



Swimmer of the Month

Club Group

Liena Ellahawi

To swim **faster than anyone else** you need to **train better** and **race better** than anyone else. **You need to set yourself apart.**

Every month, the coaches will be on the look out for swimmers who do just that. **One swimmer from each of the squads will be awarded one of the 'Swimmer of the Month' trophies at the end of each month.** You'll get to take it home – and show it off - until the end of the next month, when it will be passed on to whoever is chosen as the next 'Swimmer of the Month'.

So what've you got to do to win? Basically, **do something special.** Special for *you*. It might be swimming a PB or winning a race, but it might also be coming to more sessions or improving your stroke or race technique.

'Swimmer of the Month'. **It's a big deal.** So do something special today – and set yourself apart.

Liena works hard at her training sessions and attends regularly.

Liena has recently mastered her breaststroke kick and is now able to swim this stroke correctly.

Liena has also been working hard on her diving techniques and although there is still work to be done, she is now confident enough to have a go off the blocks.

Well done